FLOSS

Floss once every day to remove germs

Floss daily to remove germs between your teeth that cause tooth decay and gum disease.
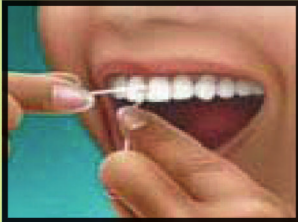
1

Wrap 18 inches of floss around your middle fingers leaving a couple inches to work with.

2

Using a back and forth motion, guide the floss down under the gums.

3

Gently curve the floss in a "C" shape against the tooth. Slide the floss up and down against the tooth.

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment